



Recreation Department October 2016 Newsletter of Events and Programs

OCTOBER 5, 2016



*Parks Make
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Recreation Department
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www.chulavistaca.gov/rec

2016 Registration

Fall 2016 session will run Oct 1 through Dec 31, 2016. **Winter Registration** starts on November 14, 2016 at 8am on-line, and walk-in registration begins at 2pm. To view all of our current recreation classes, activities, camps, special events and aquatic offerings please visit www.chulavistaca.gov/rec

Special Events

- **Halloween Glow Run 5K** on Friday, October 28, 2016. Check-in for the race begins at 5:00pm. The race begins at 6:00pm. The inaugural run/walk will take place along the Rohr Park jogging path. Every participant will receive various glow sticks/bracelets/necklaces to light their way as they round the Chula Vista Golf Course. This is an un-timed event. Swag bags will be fluorescent nylon bags that can be used for trick-or-treating and every participant will receive a t-shirt and finisher medal.
- **Movies in the Park- New addition!-** October's movie will be Hotel Transylvania 2 on Friday October 28 @ 7:30pm @ the Chula Vista Golf Course (4471 Bonita Rd)-**following the Halloween Glow Run** ...Hope to see you there!

HALLOWEEN SPECIAL EVENTS

Loma Verde Recreation Center (1420 Loma Lane- 619-409 1938)

- **Fall Fest** on Friday, October 28 from 2-5:30pm for all ages. This is a FREE event. Join us for our annual Fall Festival at Loma Verde Recreation Center. Celebrate our community with free games, arts & crafts and much more. Don't forget to wear your costume!

Monteville Community Center (840 Duncan Ranch Rd, 619-691-5269)

- **Little Tykes Costume Carnival** on Sunday, October 30 from 5:30-7:30pm for ages 2-6yrs. The Cost is Res. \$6 / Non. \$8 per child. <https://goo.gl/CLlVn9>
- **Pumpkin Carving** on Wednesday, October 26 from 4:30-5:30pm for ages: 6-12 yrs. The cost: Res. \$5 / Non. \$7 per child. <https://goo.gl/iU9R7P>

Norman Park Senior Center (270 F Street, 619-409-1930)-

- **Spooktacular Lunch & Costume Contest** for ages 50+ on Wednesday, October 26, 2016 from 12-2pm. Cost is \$5 Residents / \$6 Non-Residents. Gals and Ghouls join us in your most Spooktacular costume at the center. Fun, games, and activities await at this monster of a bash. Don't delay, purchase your

ticket today, and register for the costume contest. Winner will receive a \$20.00 Gift Card.

Otay Recreation Center (3554 Main St, 619-409-1999)-

- **Decorate Your Own Pumpkin** on Thursday October 13th at 3pm for Ages 5-15, and it's FREE. Bring your own pumpkin and we will have all the supplies you need to decorate and create a spectacular pumpkin just in time for Halloween.
- **Halloween Tot Carnival** on Thursday, October 27 from 10-11:30am for ages 1-5. This event is FREE. Parents bring your preschooler in costume for a fun-filled day of spooky fun! The annual Halloween Tot Carnival will offer spooktacular activities such as: Pumpkin Patch Walk, Witches Brew Toss, Witch Hat Ring Toss, arts & crafts, and a costume parade contest will be provided for free. Remember to have your child bring their trick-or-treat bag to collect delicious goodies.
- **Halloween Costume Contest** on Friday, October 28 from 2-4pm for ages 5-12. This is a FREE event. It's that time of the year for the annual Halloween Costume Contest at the OTAY Recreation Center. So, start putting together your spooky or ghoulish costume ideas and get dressed up! A costume contest will be offered for free for youth ages 5-12 years of, and will feature different costume categories in the: Funniest, Cutest, Scariest, and the Most Creative.
- **Halloween Face Painting** on Monday, October 31 from 3-4pm for ages 5-12. This event is FREE. Do you want to look scary for the day? Then come to the OTAY Recreation Center and get ready for Halloween. All youth in attendance can get their face painted with features of: bats, spiders, ghost, and much more.

Parkway Community Center (373 Park Way, 619-409-1980)

- **Halloween Carnival** – on Friday, October 28 from 3-6pm. There will be a variety of carnival games, tickets can be purchased 5 for \$1.00. All children in costume will receive 5 free game tickets. <https://goo.gl/JRN1qF>
- **Kids in the Kitchen (Halloween Theme)** for children ages 8-13 on Wednesday, October 19 from 3:30pm-5:30pm. The cost is \$10 Resident/\$13 Non Resident. Participants will be making "Witches Finger Cookies". Fun to make, fun to eat! <https://goo.gl/wrR0xY>

Salt Creek Recreation Center (2710 Otay Lakes Rd, 619-585-5739)

- **Salt Creek Halloween Spooktacular** event for Ages: 2+ on Thursday, October 27th from 4:30pm-6:30pm. The cost is Residents \$5/ Non-Residents \$6. Attendees will have the opportunity to participate in mini pumpkin decorating, a costume contest, our cake walk and much much more! <https://goo.gl/K4jiEQ>

Veterans Recreation Center (785 E Palomar St, 619-691-5260)

- **Halloween Activities** – on Friday, October 28 from 1-4pm for ages 3-13yrs. This is a FREE event. Celebrate Halloween in a fun and safe environment. Enjoy and afternoon of crafts, games, and more. Costumes are not required, but highly recommended. <https://goo.gl/V71rFu>



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OCTOBER PROGRAMMING

Aquatics - Discounted Fall Swim Lessons for ages 6 months-Adults. Cost starts *as low as \$14*. Take advantage of our fall discount, and register now for swim lessons. Chula Vista residents receive \$5 off weekday group lessons held in October and November. Lessons are offered at Loma Verde Aquatic Center, 1420 Loma Lane, and at Parkway Aquatic Center, 385 Park Way. Both pools are heated year round. You can register online <https://goo.gl/OkI7GH> or register at your closest pool. For more information on our aquatic programs please visit our website <http://www.chulavistaca.gov/goto/swim>

Therapeutic Recreation Programs (Heritage Park Center 619-421-7032) for ages 18+ with severe disabilities offered: Programs are offered at various facilities throughout the City.

- Pump It Up Fitness – Norman Park Center – Mondays, 3:30-5:00pm,
- Hoop It Up Basketball – Heritage Community Center – Tuesdays, 4:00pm-5:00pm,
- Zumba – Norman Park Center – Wednesdays, 4:00-5:00pm
- Fun & Fit Boot Camp – Heritage Community Center – Thursdays, 4:30-5:30pm,
- Learn To Swim – Parkway Pool – Fridays, 4:30pm-5:15pm
- 4 Quarterly Events – September, November, February, May
- 4 Community Outreaches

Loma Verde Recreation Center (1420 Loma Lane 619-409-1939)

Various ongoing classes continue through the month of October. Please stop by the Center or call.

- Enjoy a high energy, dancing workout with AM Exercise every Tuesday/Thursdays 9-10am for \$3.00 (ages 16+).
- Start your week out right with Monday Meditation 9-9:45am for \$5.00 (ages 18+).
- Dance the day away with Zumba on Mon/Tue/Wed evenings 6:30-7:30pm for \$5.00 (ages 16+).
- Begin your weekend with some relaxing Yoga Saturdays 8-9am for \$5.00 (ages 16+)

Norman Park Senior Center (270 F Street 619-409-1930)-

- **FREE DEMO Tuesday Meditation** for ages 50+ on October 4 from 5:30-6:15pm and the cost is FREE! Learn techniques to manage and reduce stress, calm your mind and increase overall awareness in your daily life with this 45-minute meditation class. Take time for yourself; learn new meditation practices or deepen your practice. Classes will include seated meditation, breath awareness and mindful movement. A yoga mat is optional and comfortable clothes are suggested.
- **Functional Fitness and Dynamic Balance Training (NEW CLASS!)** for ages 50+ on Tuesdays & Thursdays starting Oct. 4, 2106 from 9:30-10:30am. The cost is \$45 Residents/ \$56 Non-Resident. Perform better, have better balance, and look forward to being active. This 60-minute class will establish and expand



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upon basic factors that improve balance, agility, posture, and functional strength.

- **Tuesday Meditation (NEW CLASS! -7 Weeks)** for ages 50+ on Tuesdays , October 18 – November 29 from 5:30-6:15pm. The cost is \$32 Residents/\$40 Non-Residents. Come out and try it for FREE! Learn techniques to manage and reduce stress, calm your mind and increase overall awareness in your daily life with this 45-minute meditation class.
- **Make & Take Cooking Class (NEW CLASS!)** for ages 50+ on October 13, November 10th and December 1st from 12:00-2:00pm. The cost \$10 Residents/ \$13 Non-Residents. Our new Make and Take Meals Class is a hands on cooking class that will provide recipes and treats to take home.
- **Live Band Dances** on October 6th & November 3rd from 1:00-3:00PM. Cost is \$3 Per Person. Bring a snack to share (Optional)
- **Movie Monday** for ages 50+ every Monday from 1:00-3:00pm. Every Monday Norman Park Senior Center features FREE exciting movies and movie classic that will entertain you. Free popcorn & punch!
- **Various ongoing programming** Monday-Friday starting at 8:00am, such as: Exercise, Walking Group, Art Watercolor, Ballroom Dancing, Scrabble, and much more. Call the center at 619-409-1930 or stop by!

Otay Recreation Center (3554 Main Street 619-409-1999)

- **Archery Youth** for ages 8-17 on Sundays / October 9th – Nov 20th (7 wks.) from 9 - 9:55AM at Paseo Del Rey Park, 750 Paseo Del Rey. The Cost is \$75 Resident / \$95 Non Resident. <https://goo.gl/BAxr7U>
- **Archery Beginning Family** for ages 8 + on Sundays October 9th – Nov 20th (7wks.) from 10 - 10:55AM at Paseo Del Rey Park, 750 Paseo Del Rey. The Cost \$75 Resident / \$95 Non Resident. <https://goo.gl/t0CxI7>
- **OTAY Lake Adventure** for ages 8-17 on Saturdays (Optional Dates): October 8th, 15th, 22nd, Nov 5th from 10:00am – 1:00PM at Lower OTAY Lake 2154 Wueste Road, Chula Vista. The cost is \$17 Resident / \$21 Non Resident per Child & Adult. Learning how to “row a boat”, operate a “motor boat”, & learn basic fishing skills and more. <https://goo.gl/LxuiPR>
- **Dog Training** - All Ages on Tuesdays from October 4th - December 13th from 5:30–6:30PM at Rohr Park 4548 Sweetwater Rd, Multi-Purpose field #18 (near the horse circle area). The cost is \$75 Resident / \$95 Non Resident. <https://goo.gl/lqgozb>
- **Beginning Sailing** for ages 10-16 on Saturdays from October 8th – November 12th (six wks.) / 11:00am– 3:00pm at South Bayfront Sailing Association (next to Bill of Rights Schooner) 604 Marina Pkway, Chula Vista. The cost is \$150 Resident / \$188 Non Resident. <https://goo.gl/1iSqw3>

Parkway Community Center (373 Park Way 619-409-1980)-

- **Adult Cooking Class** - on Friday, October 21 from 9:00am-11:00am. The Cost is \$15 Resident/ \$19 Non Resident. Adults will be making Turkey Quinoa Meatballs" with fresh zucchini noodles. Sooo good, and good for you! <https://goo.gl/Bv9B9K>

- **Urban Line Dance** on Tuesdays, October 4 – December 13 from 7:00pm-8:00pm. The Cost is \$30 Resident/\$38 Non Resident. All levels welcome! Participants will learn Electric Slide, Cupid Shuffle, Hustle and more. Enjoy a great workout while having lots of fun. <https://goo.gl/TyDe0k>
- **Winter Basketball League-** The Winter Basketball League will take registration from October 5 to December 10. The league is coed and is open to youth of all skill level, beginning to advanced. All games will be played on

Salt Creek Recreation Center (2710 Otay Lakes Rd – 619- 585-5739) -

- **Volleyball Open Gym** on Wednesdays from October 5 – December 28 from 5:00pm-8:00pm
- **Adult Sports Leagues (Softball, Basketball, Soccer, and Golf)** League Prices: \$435—Softball; \$310—Basketball; \$400— Soccer, \$175—Golf.
Fall League: Registration is September 6, League runs from October 24 - December 16. Future Leagues: Winter Registration starts on December 5 and the League is from January 9 - April 7. For additional information, please stop by Salt Creek Recreation Center or register <http://play.chulavistaca.gov>